

January 2025 | Head Start Snack Menu



Monday Tuesday Wednesday Thursday Friday

<p>Oranges</p> <p>Season in Texas: September - April</p> <p>Did you know? Like cantaloupes, oranges won't ripen once they're picked</p>		1	2	3	
<p>6 Staff Development</p>		<p>7 Activity: Yogurt Parfait</p> <p>1/4 c Vanilla Yogurt 1/2 c Chex Cereal 1/4 c Diced Strawberries</p>	<p>8</p> <p>1 oz String Cheese 1/2 c Pears</p>	<p>9 Activity: Pinwheels</p> <p>1 Tbsp Cream Cheese 1 WW Tortilla 1 Slice Ham</p>	<p>10</p> <p>4 oz Milk 1/4 c Gold Fish</p>
<p>13</p> <p>4 Wheat Crackers 1/2 oz Sliced Cheese</p>		<p>14 Activity: PB Crackers</p> <p>1 Tbsp Peanut Butter 2 (.50 oz) Graham Crackers</p>	<p>15</p> <p>1/2 c Carrot Sticks 1/2 oz Sliced Ham</p>	<p>16 Activity: Banana Split</p> <p>1/2 c Bananas 1/4 c Vanilla Yogurt 1 Tbsp Dark Chocolate Chips</p>	<p>17</p> <p>4 oz Milk 8 Animal Crackers</p>
<p>20 No School</p>		<p>21 Activity: Cracker Stacker</p> <p>4 Wheat Crackers 1 Slice Ham 1 Tbsp Cream Cheese</p>	<p>22</p> <p>2 Graham Crackers 1/2 c Tropical Fruit</p>	<p>23 Activity: Ants on a Boat</p> <p>1 Tbsp Peanut Butter 1/2 c Fresh Apple Slices 1/8 c Raisins</p>	<p>24</p> <p>4 oz Milk 1/2 WG Muffin</p>
<p>27</p> <p>1/2 c Applesauce 1/4 c Gold Fish</p>		<p>28 Activity: Fruit Pizza</p> <p>1/2 Bagel 1 Tbsp Cream Cheese 1/2 c Strawberries</p>	<p>29</p> <p>1 pk Teddy Grahams 1/2 c Pears</p>	<p>30 Activity: Banana Pudding</p> <p>1/4 c Vanilla Yogurt 1/2 c Bananas .25 oz Graham Crackers</p>	<p>31</p> <p>.50 oz Strawberry-Yogurt Chex Cereal 4 oz Milk</p>



Announcements:

Winter Break will be December 23rd through Jan 6th, 2025
Have a safe holiday!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
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